

In Proportion—Size Matters

Why do we continue to struggle with our weight? Calories, calories, calories. We're consuming more total calories today than ever before—close to 250 calories more per day!

A major contributor to those extra calories is the portions we're eating. Without question, the average portion of food we consume is too large. Here's what the experts recommend.

Recommended Portion Sizes



Bread, Cereal, Rice, Pasta Group (6 to 11 servings per day). A single portion should be one slice of enriched bread, or ½ a roll, bagel, or muffin. This is also equivalent to ½ cup cooked rice or pasta, or one cup of ready-to-eat cereal.



Vegetable Group (3 to 5 servings per day). One portion is equivalent to ½ cup chopped raw non-leafy vegetables, ½ cup cooked vegetables, ¾ cup vegetable juice, or one small baked potato.



Fruit Group (2 to 4 servings per day). One medium fruit (apple, orange, peach, banana), ¾ cup fruit juice, ½ cup canned, frozen, or cooked fruit all equal one serving.



Milk, Yogurt, Cheese Group (2 to 3 servings per day). One portion from this food group equals one cup of milk, buttermilk, or yogurt. One and a half ounces of natural cheese or one cup of frozen yogurt is also considered a single portion.



Meat, Poultry, Fish, Dry Beans, Eggs, Nuts Group (2 to 3 servings per day). One portion is only 2 to 3 ounces of cooked lean meat, poultry, or fish—about the size of a deck of cards. The proper portion for legumes is ½ cup cooked, and for eggs the portion is just one.



Fats, Oils, Sweets Group. You probably won't be surprised to learn that no portion size is specified here. Experts simply recommend we use these foods sparingly.

If you suspect that these guidelines are inappropriate based upon your unique needs—activity level, medical conditions, etc.—consult a registered dietitian.

Who's Eating What? "All We Can Eat" Buffet

- ✓ The average American consumes about 25 pounds of candy per year.
- ✓ Americans purchase about 20 million pounds of candy corn every Halloween.
- ✓ The average American consumes almost 12 pounds of chocolate each year.
- ✓ The average daily caloric intake has increased by approximately 250 calories per day—increasing an individual's average annual food consumption by some 26 pounds per person since 1970.
- ✓ On average, each of us eats only a pound and a half of vegetables per week.
- ✓ Americans eat 70 fewer eggs per person per year than we did in 1970.
- ✓ Americans spend over \$691 billion on food each year.

Source: U.S. Dept. of Agriculture





DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

A HEALTHY RECIPE

shepherd's PIE



BY RICHARD COLLINS, MD

Measure:

2 tbsp
2 tbsp
1
2
1
1 tbsp
1 cup + 2 tbsp
1 lb
1½ lbs
1 cup

Ingredients:

plant-sterol margarine
frozen apple juice concentrate
medium onion, chopped
stalks celery, chopped
carrot, diced
flour
fat-free evaporated milk
deli-sliced lean roast beef, shredded to bite-sized pieces
potatoes, peeled and boiled
frozen peas (optional)
sea salt and fresh black pepper

Preparation:

Preheat oven to 400°. Melt 1 tablespoon margarine in a medium sauté pan. Add the apple juice concentrate, onions, celery and carrot. Sauté until onions are translucent. Add the flour and combine to coat ingredients. Slowly add the evaporated milk. Bring to a boil to thicken. Reduce heat and add the roast beef and frozen peas. Remove from heat to allow sauce to cool and thicken. Cook potatoes and mash. Add 1 tablespoon margarine and 2 tablespoons evaporated milk. Whip potatoes and season with salt and pepper. Place roast beef mixture into a medium casserole. Cover with the mashed potatoes, approximately 1-inch thick. Bake uncovered for 30 minutes and serve with creamy horseradish.

Number of Servings: 8

Nutrition Analysis:

Calories 225, Fat 5g, Cholesterol 30mg, Protein 18g, Sodium 130mg, Carbohydrate 26g

Very Berry Salad (Number of Servings: 4)

Measure: Ingredients:

¼ cup fresh orange juice
2 tbsp balsamic vinegar
1 tbsp firmly packed brown sugar
⅛ tsp black pepper
⅛ tsp allspice

Measure: Ingredients:

3 cups fresh strawberries, halved
1 cup fresh raspberries
1 cup fresh blackberries
½ cup toasted walnuts
2 cups arugula

Preparation:

In a large bowl, whisk orange juice, vinegar, brown sugar, pepper and allspice. Add the fruit and toss to coat. To serve, place a bed of arugula on a plate and top with the berry mixture. If adding shrimp or a grilled chicken breast, place on top of the salad. Garnish with additional berries and walnuts.

Nutrition Analysis:

(Not including shrimp or chicken breast) Calories 190, Total Fat 11g, Cholesterol 0mg, Sodium 6mg, Carbohydrate 24g, Protein 4g



Wellness Council of America
9802 Nicholas Street, Ste. 315 | Omaha, NE 68114
Phone: 402.827.3590 | Fax: 402.827.3594
www.welcoa.org